

Cornmeal Mush

SIMPLE RECIPE

Traditional Version

- 4 cups of water
- 1 cup Parched Pima Cornmeal

Directions

- Place water and Parched Pima Cornmeal in a saucepan.
- Bring to a boil, reduce heat and simmer, stirring frequently until the water is almost absorbed and the cornmeal fluffs up (~40min).
- Remove from heat and let sit covered for a few minutes.
- Makes several servings. Consider freezing extra in ice cube trays. 1-3 ice cubes will be 1 infant serving, depending on child's age and appetite.



Microwave Version

- 1/4 cup corn meal
- 1 cup water

Directions

- Stir together the cornmeal and water in a microwave safe bowl.
- Cover the bowl with plastic wrap.
- Cook for 2 minutes. Stir well with a fork.
- Repeat 1-2 more times until the water is absorbed and the mash reaches your desired thickness.

Additions

For extra flavor, consider adding:

- smooth peanut butter
- mashed banana
- apple sauce
- pumpkin puree
- jars of infant foods
- cinnamon or other spices
- Be creative!

Traditional recipe from Ramona Farms: <https://store.ramonafarms.com/Cornmeal-Polenta-Grits-Recipes/products/24/>

Microwave recipe adapted from CD Kitchen: https://www.cdktichen.com/recipes/rees/65/Microwave_Corn_Meal_Mush48478.shtml